



FOOD FOR ALL

Legume Series

LEGUMES & GRAINS

*Together =
A Powerhouse of Nutrition!*



THIS FOOD FOR ALL LEGUME SERIES is provided by:



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Low cost



Easily found & easily stored

Great nutritional value

Unbelievably versatile
& easy to prepare

Married with a grain,
they make a complete protein

Exotic yet humble

Staple food
around the world



LEGUMES & WHOLE GRAINS *Together = A Powerhouse of Nutrition*

Grains, including barley, brown rice, wild rice, quinoa, couscous, and whole grain pasta when eaten in the same meal (or even in the same day) with a legume dish, makes a complete protein and a Super Food Combination!

Legumes are very high in protein, but they are low in amino acid methionine which is necessary to form a high quality protein. But, as luck would have it, most grains are rich in methionine but lack other amino acids that legumes have in spades.

When grains and legumes are eaten in the same meal/day, a complete protein is formed that has the same high quality as the protein in meat, eggs and dairy.

Challenge yourself to a 'Meatless Monday'...
Serve a meal of legumes and whole grains each week.

WHOLE GRAIN BROWN RICE

It's a polished rice with only the outer husk removed, leaving the 'brown bran' layer surrounding the rice intact. This layer of bran contains many vitamins and minerals, like 5 times more B vitamins than white rice, 4 times more fiber than white rice and 2 times more iron.

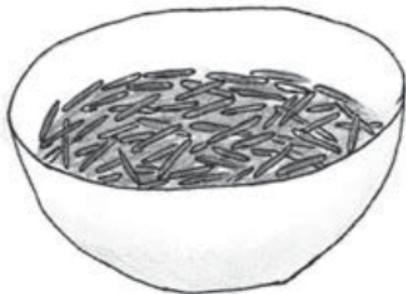
Whole grain brown rice has a firm, chewy texture and nut-like taste. It goes well with most flavors. It takes longer to cook than white rice so why not cook a big batch and freeze some for another meal.



WILD RICE

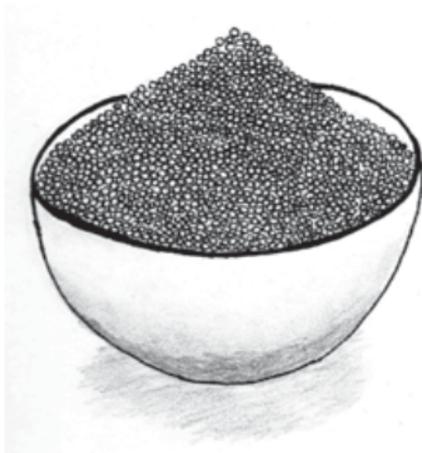
Although it is called rice, it's actually the seed of a water grass. Long slender and black, with a unique nutty, almost smoky flavor, it is cooked and used like rice. It is high in protein, low in fat, and is suitable for gluten-free diets.

Because it can be expensive, wild rice is often combined with white or brown rice. You can add just a bit of wild rice to other grains. Do bear in mind that wild rice will take a lot longer to cook than any other type of rice. Begin the wild rice cooking earlier and then toss it in with the other rice. Wild rice freezes well but becomes a bit more moist.



WHOLE WHEAT COUSCOUS

Couscous is not a rice, it's a tiny pasta made from granular semolina. It is high in selenium and protein, low in fat and low in calories. With a variety of flavors it is often used as an alternate to rice and quinoa, or it can be used together in soups, side dishes or as a breakfast cereal.



BARLEY

Barley is a wonderful whole grain option instead of using white rice in a stir-fry. Barley comes in various forms, like pot barley (that is hulled barley), pearl barley, barley flakes, rolled barley and barley flour. The pot barley (hulled option) is higher in fiber and nutrients than the pearl barley.



Pot barley is a whole grain and a good source of fiber. It puffs up like rice, it is often used in soups, like the classic “Beef Barley”.

Pearl barley is a polished whole grain with both hull and bran removed. It is smaller in size than pot barley and usually used in soup, or as a side dish, like you would use rice or quinoa.

Barley Flakes can be eaten like oatmeal, as a breakfast cereal.

Barley has more protein than starch and twice the riboflavin of wheat. It lowers cholesterol and blood glucose levels and is a great source of Vitamin E.

QUINOA (Keen-wah)

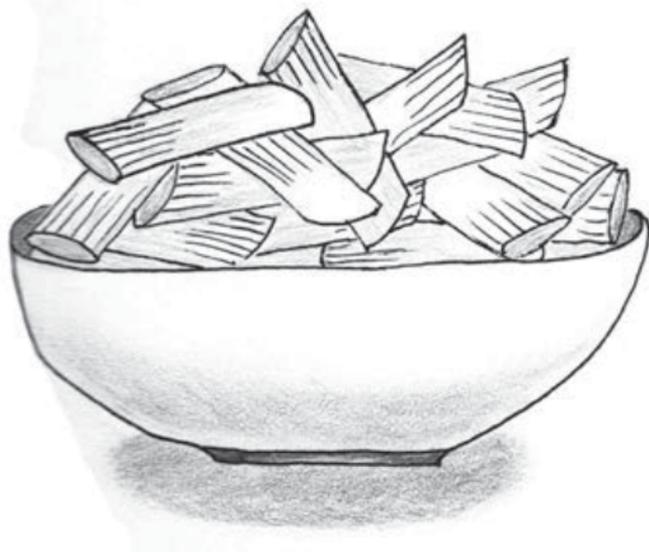
Delicious, easy to prepare and versatile to use... it is an ancient grain-like seed considered a Super Food for its outstanding nutritional value. It is a complete protein with many other nutrients, like iron, calcium, Vitamins A, E and B and antioxidant protection.

It has a light, fluffy texture with a crunch when cooked, and a mild nutty flavor. It's gluten free and great for baking. It can be eaten raw, used hot or cold, and in place of rice and barley. Add to stews, soups and stir-fries. It's excellent for the vegan diet.



WHOLE GRAIN PASTA

Whole grain and whole wheat dried pasta products are low in fat and cholesterol, but high in fiber and energy-providing carbs. It is only when we load on the high-fat sauces that our pasta dishes become less nutritious. Whole grain pasta is easy to find, and it's simple to store and cook.



NUTRITION NOTES

The health benefits of eating grains along with legumes are:

- High amounts of fiber help to maintain normal blood glucose (slowing down the absorption of sugar, which gives you a more sustained release of energy, instead of a quick movement into the blood stream).
- High amount of fiber also provides for regularity and control of blood cholesterol.
- Antioxidants are a potent factor in maintaining optimum health. Whole grains, including rice, have a significant amount of antioxidants.
- Whole grains together with legumes add to the amino acid count, giving you a complete protein combination.

- To absorb the high quality of iron in legumes and grains, eat with a citrus food like lemon or tomato, or simply have a glass of lemon water!

Always follow the advice of your health care provider if you have a health condition that requires you to follow a special diet.



What is Dietary Fiber?

Fiber is the part of plants that our bodies can't digest or absorb. It's not found in foods that come from animals. Fiber is found in fruits, vegetables, beans, peas, nuts, seeds and whole grains. There are 2 major types of fiber: **"Soluble" and "Insoluble"**.

Soluble Fiber works like a sponge. Making its way into our bloodstream, it soaks up fatty deposits and eliminates it with other wastes. Soluble fiber is found in white beans, red beans, lentils, split peas, pot barley, wild rice and quinoa.

Insoluble Dietary Fiber does not take on water, it acts more like a scrub brush, cleaning out the colon and digestive tract. It helps prevent bloating and gas and other digestive problems. Insoluble fiber can be found in whole wheat products like brown and wild rice, brown pasta, legumes and whole grain cereals (bran and oatmeal).

Canada Food Guide recommends eating 35 grams of dietary fiber every day!

A Word About Whole Grains

When grains are refined, the bran and germ are removed, but this also removes the fiber and many of the nutrients. With whole grains, the bran, germ, fiber, vitamins and minerals are all there. Whole grains are healthy and nutritious carbs because they are made with all three parts of the grain. If one of the pieces of the grain is missing, its not a whole grain. The three parts are:

1. the outer shell (of bran) containing fiber and B vitamins.
2. The germ (nutrient-packed) containing phyto (plant) chemicals.
 - * The wheat germ is oily, it will go bad quickly, keep refrigerated.
3. The Endosperm (the energy-dense middle layer) it contains the carbs and protein.

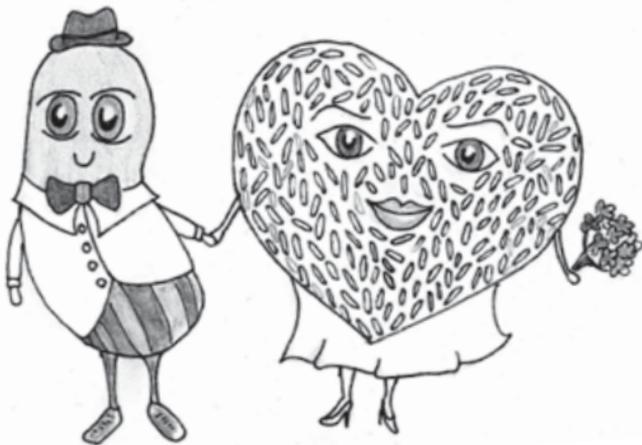
So remember: When you choose “whole” grains, you get the whole package of health benefits.

BEST BUDDIES

Grains get along so well with everyone...have fun & experiment with the many choices.

Some Best Buddies are: Tuna, chicken, ham, bacon, sage, basil, oregano, thyme, tomatoes and corn, soy sauce, Tabasco sauce.

Instead of using water to cook your rice, barley, couscous, etc., Try substituting low sodium, low fat chicken, beef or vegetable broth



GATHERING & STORING YOUR GRAINS

Always check the dates on the packages when you are buying.

Most uncooked grains can be stored up to a year in a tightly sealed container at room temperature in a cool, dry place.

In the freezer, your grains can be kept for up to two years.

Remember that whole grains like barley, brown rice and wheat germ contain the germ of the grain, which is oily and can go rancid quickly. They can be stored in the refrigerator for weeks, or in the freezer, for up to 6 months. They must be stored in a cool, dark cupboard, if not in the fridge, to prevent rancidity.

COOKING WITH GRAINS AND RICES

Remember to try substituting chicken, beef or vegetable broth instead of water.

Remember to cook extra, because grains freeze well.

Whole Grain Brown Rice: Heat 1 Tbsp of butter in pot. Add 1 cup rice and toss to coat it. Add 2 ½ cups water and 1 tsp salt. Bring to a boil. Turn the heat very low; cover tightly and simmer for 45—50 minutes until tender and all the liquid is absorbed. Fluff with a fork and serve. Yield = 3 ½ cups.

Wild Rice: Measure 2 cups water and salt into pot. Bring to a boil. Add 1 cup wild rice; stir. Reduce heat to medium-low. Simmer, covered for about 60 minutes, without stirring until the rice is tender. Drain any remaining liquid. Yield = 3 cups.

Cooking with Grains and Rice (continued)

Pot Barley: Measure 1 ¼ cups water and 1/8 tsp salt into small pot. Bring to a boil Add 1/3 cup pot barley; stir. Reduce heat to medium-low and simmer, covered, for about 1 hour, without stirring until liquid is absorbed and barley is tender. Yield = 1 ½ cups.

Whole Wheat Couscous: It cooks similar to rice. Measure couscous into a small heatproof bowl. Add boiling water. Stir. Let stand, covered for 5 minutes until the liquid is absorbed. Fluff with fork before serving.

Quinoa: Rinse 1 cup quinoa well to remove any processing residue then cover with 2 cups water. Bring to a boil then reduce heat to low and simmer, covered, for about 15 minutes. Yield = 3 cups.

Cooking with Grains and Rice (continued)

Whole Grain Pasta: Use 4 cups of water for every 4 ounces (1 ½ cups) of dried whole grain pasta. It isn't necessary to add oil to the cooking water, in fact sauces won't cling as well to oil-coated pasta.

Rice Blends: Wild rice is quite expensive so try a wild and brown rice blend or a wild rice and white rice blend. Cook up a large batch of rice blends and freeze into mealtime portions because wild rice and whole grains take longer to cook.



Wild & White Rice Blend

* Buying rice-blends in the store is expensive...
make your own!

INGREDIENTS:

- 2 ½ cups water
- ¼ tsp salt
- 1/3 cup wild rice
- ¾ cup long grain white rice

Combine water and salt in a medium saucepan. Bring to a boil. Add wild rice; stir. Reduce heat to medium-low; simmer, covered, for 45 minutes, without stirring.

Bring to a boil. Add white rice; stir. Reduce heat to medium-low; simmer, covered for about 20 minutes, without stirring until rice is tender and liquid absorbed. Yields about 3 1/3 cups.

Pasta Fagioli

A traditional Italian dish made of pasta and beans that was born out of peasant cooking.

INGREDIENTS:

- 3 tbsp. olive oil
- 2 large garlic cloves, mince garlic and allow to rest for 10 minutes
- 1 large carrot, finely chopped
- 2 celery stalks, finely chopped
- 1 small onion, finely chopped
- 1/3 cup finely chopped, cooked bacon (optional)
- 6 peeled, seeded and chopped ripe Roma tomatoes, or about 1 14 ounce can, chopped
- 1 quart chicken broth
- 2, 14 ounce tins cannellini beans, or equivalent prepared from dried beans
- 1 ¼ cup small whole grain pasta
- 1/3 cup chopped fresh parsley
- Salt and pepper
- To Serve: olive oil, parmesan cheese, fresh parsley

PASTA FAGIOLI continued...

Heat the oil in a large heavy pot, then cook the onion, carrot, bacon and celery until soft. Add the garlic and cook another minute. Pour in the broth, beans and chopped tomatoes, and cook for 15 minutes. Remove a few scoops of the bean mixture and puree or mash, then return to the pot. Add the pasta, chopped parsley and seasonings. Cook until the pasta is cooked al dente. Serve in bowls topped with a drizzle of olive oil, shaved cheese and a sprinkling of chopped parsley.



Brown Rice Pilaf With Red Lentils

INGREDIENTS:

- 1 tbsp. olive oil
- 1 white onion, chopped
- 3 garlic cloves, minced
- 1 cup long grain brown rice
- ½ cup dried red lentils
- 2 ½ cups chicken or vegetable broth
- Salt and pepper to taste

In a small skillet, heat oil over medium heat. Add onion and garlic. Cook, stirring until onion is golden, about 5 minutes. Add rice and sauté for 1 minute. Add the lentils, broth and season with salt and pepper to taste. Bring to a boil.

Cover and reduce heat to low. Simmer until rice is tender and most of the liquid is absorbed (about 45 minutes). Check rice occasionally and add water if necessary. Uncover and let rice stand for 5 minutes before serving.

Black Bean, Quinoa and Cilantro Salad

INGREDIENTS:

- 1 can black beans, or 2 cups dried, soaked, and cooked black beans
- 1 cup cooked, cooled quinoa
- 1 can kernel corn
- 5 chopped green onions
- 1 chopped red pepper
- 2 cloves garlic, minced
- ½ cup fresh parsley, chopped
- ½ cup fresh cilantro, chopped

Mix all ingredients together in a big bowl.

Dressing: 4 tbsp. olive oil, 4 tbsp. fresh lemon juice, chili powder and cumin to taste.

Mix dressing with bean/quinoa mixture and refrigerate for several hours to blend the flavors before serving.

Vegetable Quinoa Salad

INGREDIENTS:

- 3 cups chicken broth
- ½ cup olive oil
- 1 ½ cups quinoa
- 1/3 cup lemon juice
- 1 cucumber, peeled and chopped
- 2 garlic cloves, minced
- 1 pepper, chopped
- ½ cup broccoli florets, lightly steamed
- 2 tomatoes, chopped

*Add a can of rinsed chickpeas or legume of your choice to make this salad a complete protein meal.

Cook quinoa in chicken broth until tender (follow cooking times on package). Meanwhile, whisk together the oil, lemon juice and garlic for the dressing.

Allow the quinoa to cool slightly, then toss with dressing and vegetables.

Add salt and pepper to taste.

Seasoned Couscous With Black Beans

INGREDIENTS:

- 1 cup canned or prepared black beans
- ¼ cup chopped onion
- 1 tsp dried parsley
- 2 tsp chopped fresh cilantro
- ¼ tsp dried sage leaves
- ¼ tsp dried thyme leaves
- 1 ½ cups uncooked couscous
- 1 tbsp. butter
- ½ tsp salt
- 2 cups water

Melt butter in a saucepan over medium-high heat; add onion and cook 1 minute or until tender, stirring occasionally.

Add water, parsley, salt, sage and thyme. Increase heat to high. Bring to a boil. Stir in the couscous. Remove from heat; cover and let stand 5 minutes. Fluff lightly with a fork before serving.

Allow the quinoa to cool slightly, then toss with dressing and vegetables. Add salt and pepper to taste.

*Add 1 cup canned or prepared black beans to this couscous dish to make a complete protein meal.

Beef Barley Soup

INGREDIENTS:

- 1 tbsp. vegetable oil
- 1 lb. ground beef, or stewing beef, cut into cubes (or 2 cups red kidney beans or garbanzo beans instead, for a vegetarian Bean Barley Soup).
- 6 to 8 cups water
- 2 beef bouillon cubes, low-sodium
- ½ cup hot water
- One 14 ounce can diced tomatoes
- 1 cup sliced carrots
- 1 cup chopped onion
- 1 cup celery, chopped
- 1 garlic clove, minced
- ½ cup uncooked pot barley
- ¼ cup chopped parsley, optional
- Salt and pepper
- 2 bay leaves

In a big stock pot, heat the oil over medium heat, add the ground beef, cook, stirring often until the meat is browned. Pour out any fat from the meat.

Add the onions, garlic and celery; cook until tender-crisp.

BEEF BARLEY SOUP continued...

Add 8 cups of water, then bay leaves, tomatoes, carrots, barley, salt and pepper

Using a cup size container, dissolve the bouillon cubes in the ½ cup of hot water. Add this to the stock pot with the other ingredients. Mix well.

Bring to a boil. Reduce the heat. Cover and simmer for 2 hours. Add the parsley about 30 minutes before the soup is done.

Remove the bay leaves before serving

Note: substitute red kidney beans, or chickpeas for a meat alternate.

Or, add chopped cabbage, frozen peas, kernel corn or any extra vegetables you may have on hand.

Wild Rice & Barley salad

INGREDIENTS:

- 1 ¾ cups chicken broth
- ½ cup uncooked brown & wild rice blend (see recipe)
- ½ cup uncooked pearl barley
- ¾ cup rinsed and drained canned chickpeas (garbanzo beans)
- 1/3 cup golden raisins
- ¼ cup sliced green onions
- 2 Tbsp red wine vinegar
- 1 ½ tsp extra virgin olive oil
- 1 tsp Dijon mustard
- ¼ tsp black pepper
- 2 Tbsp chopped fresh basil
- 2 Tbsp slivered almonds, toasted

Bring the first 3 ingredients to a boil in a medium saucepan. Cover, reduce heat and simmer for 40 minutes or until the liquid is absorbed. Remove from heat, and let stand, covered, for 5 minutes.

Combine rice mixture, chickpeas, raisins and green onions in a bowl.

WILD RICE & BARLEY SALAD continued...

Combine vinegar and next 4 ingredients in a small bowl; stir with a whisk

Pour over the barley mixture; toss well. Cover; chill 2 hours. Stir in basil and almonds.





Giving
Hope
Today

Food Banks are not a solution to the issues of poverty and hunger in our communities. Thanks to great community partners like **Valley First**, we at The Salvation Army Penticton Community Food Bank are turning a page. We are still dedicated to helping supply the basic human need for food through our food bank, but we are also looking at long-term solutions like getting back to the basics of buying in bulk, cooking from scratch and growing vegetables and preserving them.



We sincerely thank...

the following individuals for their
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FOOD FOR ALL LEGUME SERIES:

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and for the Novelty Bean Book



Bank. Borrow. Insure. Invest.

Valley First and its community program, Feed the Valley, are proud to partner with The Penticton Salvation Army Food Bank to raise awareness about the issue of hunger and healthy food choices throughout our region with this Food For All Legume Series of cookbooks. Feed the Valley was launched in March 2010—since then, through community partnerships like Food For All, more than \$616,000 has been raised and almost 60,000 pounds of food has been collected for local food banks across the Okanagan, Thompson and Similkameen valleys.

By supporting locally-based programs like the Food For All Legume Series cookbooks we all play an important role in raising awareness surrounding affordable, nutritious food preparation.

Together, creating good things in our community.



COMMUNITY GARDEN

The Salvation Army, Penticton Community Garden, located on Martin Street, is a beautiful, fenced back yard garden space with 20 raised beds and several in-ground garden plots. It is fully equipped with gardening tools and watering equipment, as well as tool shed and lawn furniture. It is a place where Food Bank Clients and Community Volunteers come together to learn to grow and share their time and their gardening wisdom. All the food grown is either used for lessons in the community kitchen or washed, bagged and brought in to the food bank for distribution.



COMMUNITY KITCHEN

The Salvation Army, Penticton Community Kitchen operates each Thursday out of our fully equipped commercial kitchen at our church location on 2469 South Main Street.

Make meals to take home, learn the basics of making nutritious meals from scratch, try new ethnic cooking techniques, learn to can and dehydrate local fruits and vegetables, or enroll in nutrition education and diabetes education classes.



Each summer youth have an opportunity to participate in the Fresh From the Farm program that takes students on harvesting work parties to local orchards and gardens and then back to the community kitchen to learn how to can, dehydrate, freeze, and juice the fruits and vegetables.